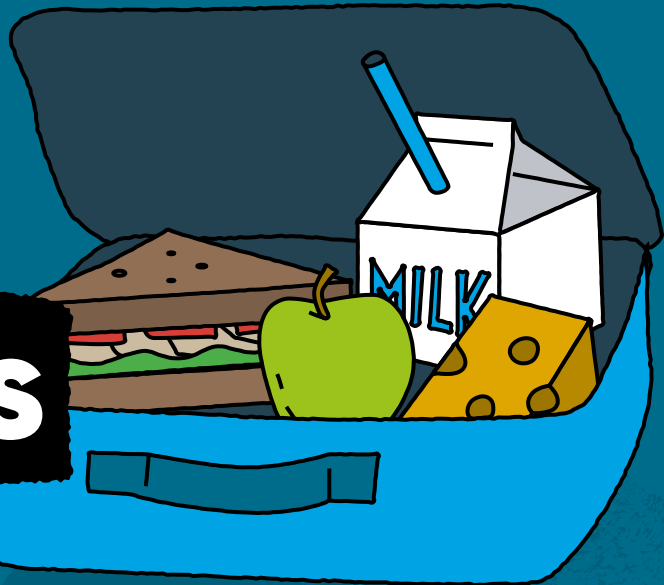


Healthy lunchboxes

and sensible school meals



One third of our children's total daily food intake is eaten at school. So it's important that the food they eat at school is healthy and balanced.

Most children enjoy taking their own lunch to school. A packed lunch is a good way to get a balanced meal if you make sensible choices and avoid high fat, high sugar snacks in your child's lunch box.

Top tip

Encourage your child to help pick the foods for their lunch box. It's also important children get to be involved with picking the style and colour of their lunch box.

Parent tips

School meals vs packed lunches

The Children's Food Trust sets food standards for all food served in school. All schools should offer a balanced meal every day for children, and many also offer salad bars and extra fruit.

The quality of school lunches vary, but school meals have improved since the new standards. Why not think about your child having school meals - they are often a good way to expose children to new foods.

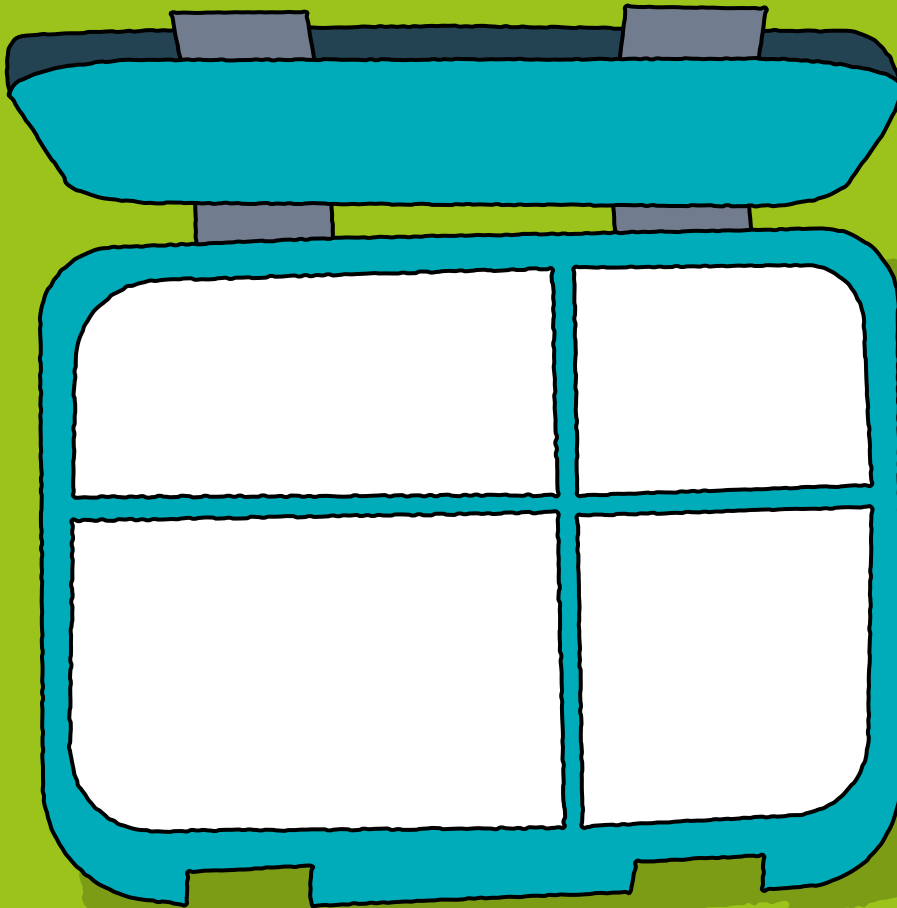
There are no set standards for packed lunches brought in from home.

Use this checklist to help you get the balance right in your child's lunch box:

Healthy Packed Lunch Checklist

1. **Include a starchy carbohydrate;** try having wholemeal bread, wraps, pitta bread and pasta.
2. **Include some protein;** use as a sandwich filling or accompaniment to a salad. Chicken, tuna and egg are good options
3. **Include a dairy food;** a small portion of cheese, yoghurt or milk is good options.
4. **Add fruit and vegetables.** Aim to include at least one portion of fruit or vegetable at lunch.
5. **A drink!** Avoid having drinks containing sugar, a small carton of fruit juice with a meal is fine.

Design your own healthy packed lunch box!
What will you put in it?



Change4life have some great recipe ideas for healthier lunch boxes; check out their website for some ideas!
nhs.org.uk/change4life



Checklist



Have I included in my lunch box...

- A starchy food
- A portion of fruit
- Some vegetables
- A dairy food
- A protein food

Food tasting activity

Trying new foods is a great way to get all the good stuff our bodies need. Sometimes we try a food and don't like it, and that's okay! But it can take a few goes before we like a new food. Trying new foods in different ways and combined with other foods can make them more tasty.

This week I tried the following foods:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

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